

Motivational Interviewing

Co~Chairs ...

Belinda Borrelli, The Miriam Hospital/Brown Medical School
Rosemary Breger, Oregon Health & Science University
Lynne Haverkos, NIH/NICHD
Ken Resnicow, Emory University

Key Members ...

Mary Charlson, Cornell University; **Carol DeFrancesco**, Oregon Health & Science University;
Cara Ebbeling, Harvard School of Public Health (HSPH); **Diane Elliot**, Oregon Health & Science University;
Denise Ernst, University of New Mexico (OHSU); **Jacki Hecht**, Brown University/The Miriam Hospital;
Holly McGregor, University of Rochester; **Esther Moe**, Oregon Health & Science University;
Linda Nebeling, NIH/NCI; **Gbenga Ogedegbe**, Cornell University; **Karen Peterson**, Harvard School of Public Health;
Judy Salkeld, Harvard School of Public Health; **Vic Strecher**, University of Michigan;
Geoffrey Williams, University of Rochester;

Mission ...

The overall mission of the MI workgroup is to share resources and measures to enhance delivery of MI and collaborate on analysis of treatment fidelity and outcomes.

Specific Aims ...

- Document the similarities and differences in how MI is being applied across sites in order to identify collaborative opportunities.
- Arrive at a convergence as what constitutes the core elements of MI intervention, and to the extent possible, employ common MI strategies across groups.
- Identify similarities and differences across sites in their proposed mediators of change.
- Develop measures of treatment fidelity for MI in order to enhance treatment integrity of individual studies, as well as to promote cross-site comparisons.
- Seek additional training opportunities in MI and coding.
- Examine (both within and between sites) whether counselor fidelity to MI principles is related to treatment outcomes and client satisfaction. Specifically, to examine counselor adherence to MI principles in relation to fruit and vegetable (F/V) intake, physical activity, and smoking behavior.
- Examine the association between MI fidelity and client satisfaction, as well as psychosocial mediators such as efficacy and outcome expectations.

Major Highlights ...

- Supplemental funding from NICHD (\$40,000) and NCI (\$10,000) for MI coding project.
- Coding training at Salt Lake City, conducted by Denise Ernst.
- SBM presentation by workgroup members.

Collaborative Strategies ...

- [•] Workgroup conference calls, e-mails and meetings (i.e., BCC bi-annual meetings, and SBM meetings).

Future Directions ...

We plan to continue our work to have tapes coded from sites participating in the workgroup supplement and to do a group analysis. We will accomplish this through group e-mails and conference calls as our means of communication.

Suggested Cross-Site Activities ...

- [•] Best practices paper on using Motivational Interviewing in clinical research trials.
- [•] Presentations on using Motivational Interviewing in Research and Coding MI.
- [•] Continuation of work on the coding supplement project.